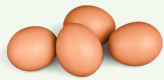




Green for Go Local

Ingredients in **green** = locally grown or produced



Eggs



Chicken



Breadcrumbs



Potatoes



Honey

Crispy Chicken and Wedges

By Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 1 drumstick or 2 chicken fingers, 3 oz (100 g) potatoes

Ingredients

For Chicken:

3 cups (750 mL)	Ranch dressing (see page 49) or buttermilk
4	Eggs
2 Tbsp (30 mL)	Salt
2 tsp (10 mL)	Ground black pepper
50 (17 lb / 8 kg)	Chicken drumsticks OR 10 lb (4.54 kg) boneless, skinless chicken breast or thighs cut into 1 oz (30 g) strips or nuggets
8 cups (2 L)	Whole wheat panko or other dry breadcrumbs
1 cup (250 mL)	Oil

For Wedges:

10 lb (4.54 kg)	Potatoes , washed and cut into wedges or cubes
½ cup (125 mL)	Oil
2 tsp (10 mL)	Salt or garlic salt
To serve	Honey , ketchup, sweet and sour sauce

Directions

Note: Wash all produce well. If using drumsticks, marinate overnight for best results.

1. Whisk the ranch dressing, eggs, salt and pepper until thoroughly combined. Place the chicken in a container or bowl and pour the dressing over, tossing to coat. Cover and refrigerate overnight for drumsticks, or for at least an hour for fingers.
2. In a large frying pan, heat the oil over low heat. Add the breadcrumbs and stir to combine. Cook, stirring occasionally, until breadcrumbs are golden brown, 5 to 10 minutes. (This step can be done ahead, store the crumbs in a tightly covered container in the freezer until needed.)
3. Heat the oven to 400°F (200°C). Line two full sheet pans with parchment paper.
4. To make the wedges, toss the potatoes with the oil and salt and spread in a single layer on one of the prepared baking sheets*. Roast, turning the potatoes once or twice, for 25–30 minutes, until tender and browned. Hold warm until needed in the oven or steam table.
5. To bake the chicken, remove the chicken from the marinade, letting excess drip off. Coat in the breadcrumb mixture, then place on the prepared sheet pan in a single layer.
6. Bake until the internal temperature reaches 165°F (74°C), about 1 hour for drumsticks and 15–20 minutes for fingers.

**If you don't have enough oven space to bake the wedges, try serving the crispy chicken with buttered noodles, corn, brown rice (see Egg Roll in a Bowl recipe) or mashed potatoes (see Roast Chicken & Mashed Potatoes recipe)!*



Note from the Authors

"This recipe is so versatile and can be a great healthy play on many restaurant style dishes! Offering a variety of sauces for dips, burgers, sandwiches or wraps allow it to be a dish that can be tailored to many tastes!"

- Jenny & Rosie

Bonus Recipe: Ranch Dressing

Yield: 50 oz (1.5 L) or 100 x 1 Tbsp portions

Ingredients

2 Tbsp (30 mL)	Dried parsley
1 Tbsp (15 mL)	Onion powder
2 tsp (10 mL)	Garlic powder
1 tsp (5 mL)	Dried dill
1 tsp (5 mL)	Ground black pepper
2 tsp (10 mL)	Salt
1 jar (3 ¾ cups / 890 mL)	Real mayonnaise
2 cups (500 mL)	Buttermilk, sour cream or plain yogurt
2 Tbsp (30 mL)	Apple cider vinegar or white vinegar

Directions

Note: Make up a bulk batch of the dried herbs, spices and salt and use 5 Tbsp for each batch of dressing. For an **easy Caesar-like dressing**, add parmesan cheese.

1. Place the dried parsley, onion powder, garlic powder, dried dill, black pepper, salt, mayo, buttermilk and vinegar in a bowl. Whisk until smooth, then transfer to squeeze bottles.

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- | | |
|---|--|
| ★ Sweet potatoes - mashed or roasted | ★ Coleslaw or broccoli slaw |
| ★ Carrots | ★ Broccoli |
| ★ Cucumbers | ★ Cauliflower |
| ★ Lettuce and other greens | ★ Turnips or rutabaga - raw or roasted |
| ★ Tomatoes | ★ Green or yellow beans - lightly cooked |
| ★ Sunflower shoots or other microgreens | ★ Peas |
| | ★ Corn |
| | ★ Fruit |

Tips & Tricks

Change It Up!

- Layer chicken fingers with tomato sauce, mozzarella and parmesan cheese for Chicken Parmagiana, tuck fingers into a bun for a "fried" chicken burger, or roll up in a wrap with Caesar salad for a crispy chicken Caesar wrap.
- Try this recipe with a variety of sauces for dipping, such as: ranch, Caesar, sweet and sour, BBQ, marinara, ketchup, buffalo hot sauce, honey mustard, mayo, sweet chili, curry mayo, sesame soy or sriracha.

Veg It Up!

Roast whole green beans, sweet potatoes, turnips (rutabagas) and parsnips cut into french fry shapes along with the potatoes to add colour, fiber, and flavour.